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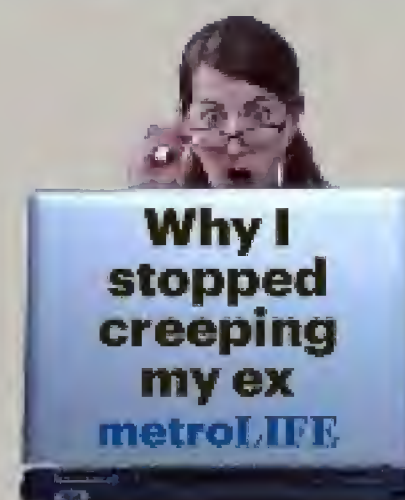


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Sabeel Khan said the pitch has seen vandalism before, but never this deliberate.
LUCIE EDWARDS/METRO

Caustic ash blights the worst areas

Return to **FORT MAC**

More than 500 homes may be uninhabitable till September



Alex Boyd
Metro | Edmonton

Residents of Beacon Hill, Abasand and Waterways — Fort McMurray neighbourhoods hardest hit by wildfire earlier this month — will be unable to return home this week, as more than 500 homes have been declared uninhabitable, Premier Rachel Notley said in a press conference Monday.

Since the fire ripped through the city, extensive testing of air, soil and ash has revealed the presence of chemical con-

tamination.

In particular, the ash has very high pH levels, which makes it very caustic, according to Dr. Karen Grimsrud, Alberta's chief medical officer of health.

"These results are not unexpected, but it's critical we take steps to protect residents from them," she said.

Residents of the affected neighbourhoods will be offered an escort to view their homes and retrieve belongings but won't be able to stay permanently until the debris is removed, which could take until September, officials said.

"I realize this will be very difficult news to hear, but as always, safety and health remain top priority," Notley said.

• The hero of Anzac
• Who's going home
metroNEWS, page 6

POOR SPORTS

Vandals cut up cricket pitch in Forest Lawn

metroNEWS



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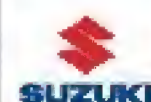
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Home is where the heart is as staycations help stop the slide

VISITORS

Steady erosion of business tourism offset by foreign jump



Jeremy Simes
For Metro | Calgary

Since the economic downturn, Calgary's tourism industry has been holding steady in what's expected to be a staycation-filled 2016.

On Monday, Statistics Canada released 2014 figures showing the province saw an uptick of travellers entering the province.

And through the economic downturn, Cowtown managed to keep its head above water, according to Tourism Calgary CEO Cindy Ady.

In 2015, more than 8.05 million tourists visited the city, a 0.25 per cent increase from about 8.03 million visitors in 2014. Ady said the steady increase highlights Calgary's erosion of business travel, as the organization normally sees 25 per cent of Calgary's visitors arrive on business.

"All I can say is it's a dramatic drop (from that 25 per cent)," Ady said. "Everyone's kind of scrambling to make up that difference right now."

Forty-four per cent of Albertans say they plan to take less



Americans and Europeans are expected to continue to visit Calgary and take advantage of the good exchange. METRO FILE

75%

of leisure visitors to Calgary are regional, coming from B.C., Saskatchewan and Manitoba

25%

come from the rest of Canada, the U.S. and countries overseas

of a vacation, while 22 per cent won't take one this year, Ady added.

"As we look out as we can do, we're looking for a strong outer regional campaign and (promoting) staycations," she said. "People are going to pick things closer to home. It's a great opportunity for us to educate Calgarians on what to do here."

The provincial 2014 data —

which is the latest by Statistics Canada, as it takes 12 to 15 months to tabulate tourism information — showed about 900,000 overseas visitors travelled to Alberta, a 17 per cent jump from 2013, spending more than \$1 billion in the

province.

Ricardo Miranda, Alberta minister of culture and tourism, said he expects 2015 tourism numbers to remain strong.

"All indications support the belief we have seen an increase everywhere (in 2015)," he said.



People are going to pick things closer to home.

Cindy Ady, Tourism Calgary CEO

"It supports ideas of expanding our market and diversifying our economy."

Though Tourism Calgary doesn't break down area-specific tourists, Ady said a total of 25 per cent of the city's tourists come from the U.S., overseas and provinces outside the Prairies.

And as Banff hotels almost reach capacity — national park visits jumped by almost 10 per

cent in 2015 — Tourism Calgary hopes to lure Banff travellers to the city, as Calgary saw about a 5.6 per cent drop in hotel occupancy in 2015.

"Banff is a very big hook on the platform for us," Ady said. "But Calgary has room and space, so we're seeing a lot of combined packages where people can make the day trip to Banff and come back to here to stay and shop."



JUNE 7, 2016 - MAY 2, 2017

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Council debates 2017 property tax

ECONOMY

City discusses shaving levy to 3.2% to ease residents' strain



Helen Pike
Metro | Calgary

Calgary councillors are trying to find out how low they can go with next year's tax hike before cutting services.

And it's a dangerous game.

On Monday, council debated ad nauseam the benefits of shaving the 2017 property tax hike from 4.7 per cent to 3.2 per cent or lower to give struggling Calgarians a break. But before you celebrate, some councillors aren't sure the tax break will be the best idea in the long run.

Council has asked administration to prepare a report with the implications of cutting back the tax hike and will make decisions based on the report's recommendations on June 27.

"What we've heard today is a range between 3.2 and 3.7 (per



City council has asked administration to prepare a report after hearing that a decrease ranging from 3.2 to 3.7 per cent would be possible without affecting services. METRO FILE

cent) is probably doable without any real service impacts," said Mayor Naheed Nenshi. "What we're hearing from a lot of other council members is: if we go even below that, what service impacts

are we actually talking about?"

Over the years, council and the City of Calgary has attempted to create efficiencies, but as the economic downturn continues there's only so much adminis-

tration can do to cut costs. With the downturn there are some services that aren't seeing as high of a demand, and those can easily be cut.

"If you don't need to spend

a dime, don't spend a dime," said city manager Jeff Fielding. "We already are dealing with changes in terms of the review of our business units and the types of services we're revising, how we can reduce those costs ... there's a bundle of things we will be looking at for 2018 as we transition through 2017."

Another issue is the services already seeing a pinch from the poor economy. Calgary Transit, as the mayor pointed out, is already suffering.

"There will come a point where there's no more grinding away, and there's real impact on service," said Nenshi.

"We have a lot of people who are hurting," said Coun. Peter Demong. "If we can do something with a zero per cent on taxes, I think that's worthwhile."

Demong said he supposes from council's reaction a zero per cent tax increase won't be on the table, but added if you don't ask for zero, where do you start?

But reducing the rate more than administration has recommended could have service consequences.

"It really does depend on the services," Demong said, when asked if services would need to

\$20M

The projected revenue shortfall for 2017.

4.7%

The tax hike already on the city's books for 2017.

3.2%

The lowest administration says the tax hike can go before affecting services.

be cut. "But people are getting frustrated with the tax increases they're seeing every time they turn around and open an envelope."

Revenues across the City of Calgary business units are waning. And administration forecasts a \$20 million revenue shortfall in 2017. The property tax rate for next year was set in 2014.

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UNIVERSITY OF CALGARY

Malware knocks systems offline

The University of Calgary is experiencing some technical difficulties with their internal systems access after malware shut down the use of email and company computers over the weekend.

As of Monday morning, an update was posted on the school's IT notification page letting staff know certain systems were back up and running.

The issue started on May 28, and according to reports handmade signs were posted throughout campus warning users not to go on computers or utilize the University of Calgary email system.

Only company iPhones and iPads were safe to use on the school's network.

The school's IT teams worked around the clock over the weekend to restore systems for Monday. Classes and Congress 2016 events are still on. All updates are being done over the school's internal emergency app.

HELEN PIKE/METRO



Derek Fildebrandt could be back in the party caucus in days.

THE CANADIAN PRESS

POLITICS

Suspended Wildrose MLA to return soon

Alberta's Opposition Wildrose party says suspended finance critic Derek Fildebrandt could return to caucus within days.

But Wildrose leader Brian Jean says Fildebrandt first needs to make some changes to how he communicates on social media.

Fildebrandt was suspended late Friday night after he applauded a reader comment on his Facebook page that mocked the sexuality of Ontario Premier Kathleen Wynne.

Wynne is openly gay.

A day earlier, Fildebrandt was criticized for lambasting Ontario's high debt and spend-

ing while Wynne sat watching in the Alberta legislature gallery.

Jean says Fildebrandt's suspension has nothing to do with his criticism of Wynne in the house.

The Energy East line would take Alberta crude across Canada, including Ontario, to pipelines and refineries in New Brunswick to get a better global price for a key Canadian resource.

Wynne has said she would support the line with conditions, including high environmental and safety standards.

THE CANADIAN PRESS



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The man who saved a hamlet

CRISIS

Dale Bendfeld downplays heroism and credits others



Ryan Tumilty
Metro | Edmonton

The wildfire that consumed Fort McMurray has often moved at break-neck speed, pushing into neighbourhoods and overwhelming firefighters with little notice.

It has jumped fire breaks, crossed rivers and burned through areas considered safe.

Anzac, the tiny hamlet south of Fort McMurray, was one such place. It had been a safe haven for evacuees, and many were taken there on buses in the initial days after the fire hit Fort McMurray.

But in just a few hours on May 4 the community was nearly overrun. When the community needed to exit in a hurry it was Dale Bendfeld who made the call and evacuated 450 people in just three hours.



Left: Evacuees look on as the fire approaches Anzac. The community had to be evacuated in a rush. Right: Dale Bendfeld speaks to Fort McMurray councillors. KEVIN TUONG/FOR METRO

For McMurray fire chief Darby Allen has repeatedly rejected the label of hero for himself, but he was eager to label Bendfeld, the community's director of protective services as one.

"We didn't think there was

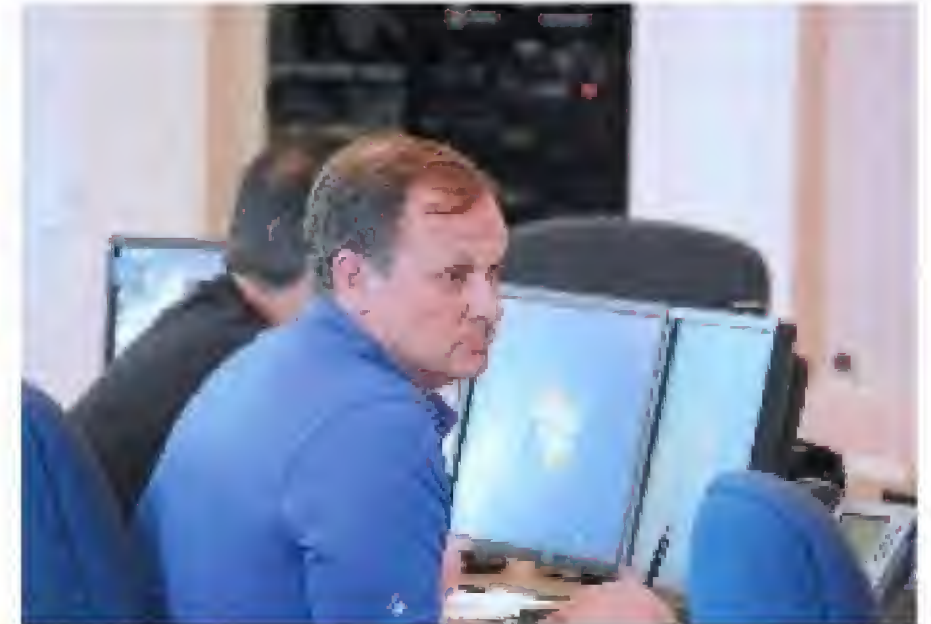
a fire in Anzac that night and we found out in a hurry that there was," Allen said, at a news conference earlier this month.

Allen gave full credit to Bendfeld for getting people out of that community in time to avoid

any loss of life.

"With a couple of people and a flashlight he evacuated 450 people in two hours, that is true heroism," said Allen.

Bendfeld, not surprisingly, downplays his role.



"It's not just me and this flashlight. It is about everybody coming together and getting people out," he said. "I appreciate the sentiment, but there are always people."

Bendfeld does agree with Allen that the wildfire's move toward Anzac caught people by surprise. The community is 50 kilometres south of Fort McMurray and Bendfeld said he drove over just to discuss the possibility of an evacuation in the days ahead, but when he arrived he knew it couldn't wait.

"The whole horizon was nothing

but smoke and flame," he said. "It was now time for action. It just occurred that quickly."

Bendfeld said they had to move past bringing in transit buses and getting all the resources they could to move 450 people.

"Within the three hours it was already in the back yards of some of the homes," he said. "You could see the flames already in the community."

In Anzac that night and throughout the crisis, Bendfeld said people just did what had to be done.

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Who is, and isn't, going back to Fort McMurray this June

Return to FORT MAC



Alex Boyd
Metro | Edmonton

Starting Wednesday, the estimated 90,000 people who fled an out-of-control wildfire in Fort McMurray at the beginning of May will slowly begin the journey home.

But the return will not be an opening of the floodgates. Instead, Fort McMurray is being reopened in stages over four days, while some of the hardest hit areas have been declared unfit for habitation until the debris is cleared.

Even for those who return immediately, the Fort McMurray they're going back to is still a city on the mend: While power is back on in many areas, boil water advisories remain in place and the hospital is only able to provide basic services. Still, many are eager to go home.

Among them is Mohamed Bouchaala who, despite having to evacuate twice — once with his family, and then again a couple of weeks later from a Suncor work site — is eager to get back north as soon as possible.

However, his wife Fatma and their three children, all under



A van burned by wildfire stands in the Beacon Hill neighborhood in early May. Some areas have been deemed unfit for human habitation. JONATHAN HAYWARD/THE CANADIAN PRESS VIA AP

the age of six, won't be going with him.

They're moving into a new apartment in Edmonton and likely won't be going home until mid-July, Bouchaala said.

The Bouchaalas have decided their kids won't go back until medical facilities are fully operational and recreational facilities reopen.

"We need to get more clarification about things like parks, how safe are they for kids," Mohamed said.

"There's no recreation centre, and there are no schools — you can't keep your kids inside for days."

While some stores are reported to have stock on shelves, those returning are advised to

bring a two-week supply of food and medications. That's a major reason Russell and Heather Thomas aren't bringing their kids home.

They're driving to McMurray on June 1, the first day residents of the lower towns are able to enter the city, but have left their two sons — one of whom has asthma — with family, and Heather is only coming to pick up the vehicle they left behind.

But they're looking to reuniting in the city as a family soon.

"I'm not trepidatious about going back in any way," Russell said.

"I've been in Fort McMurray for 20 years and it's been nothing but change for 20 years, and this is just another change."

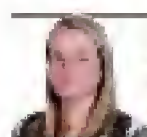


Sabeel Khan said the missing strip of carpet makes it impossible to play cricket at that location. LUCIE EDWARDSON/METRO

Cricket pitch vandalized

FOREST LAWN

Carpet was cut out 'making it impossible to play there'



Lucie Edwardson
Metro | Calgary

Calgary's cricket community is reeling following a blatant act of vandalism at one of the city's few cricket pitches.

Salman Khan, president of Calgary and District Cricket League said the vandals deliberately cut a strip out of the carpet right down the middle of their Forest Lawn cricket pitch sometime late last week—forcing them to cancel their weekend games at the location.

"They made sure there wouldn't be any cricket played there," he said.

The pitch is one of six in the city that caters to more than 1,000 players, who typically play their games on the weekends, each one lasting approximately six to eight hours.

Sabeel Khan, president of the St. John's Cricket Club in Calgary, said when his team arrived for

their games this weekend they were upset by the destruction they saw.

"Cricket is played on a 22-yard carpet and that was basically cut out right down the middle making it impossible to play there," he said.

Both men confirmed this is the second time this pitch has been vandalized.

They said last year someone ripped up the carpet out of the ground as it is nailed into place.

"This year they made sure they absolutely cut it so there is no way to fix it unless we get a brand new carpet in," said Sabeel.

Sabeel said it's hard to know for sure, but he would guess the vandalism is racially motivated.

"Possibly because the majority of players here in Calgary are East Indian background, so a visible minority," he said.

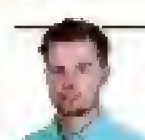
Sabeel said he had a bad experience a few weeks ago at the same field.

"I was standing on the side and this guy riding on a bike was yelling at us saying it was a stupid game and swearing at us, telling us to leave and spitting towards us," he said.

Salman said the league hopes to have the pitch replaced by this coming weekend.

HEALTH ADVICE

811 now includes dementia service



Jeremy Simes
For Metro | Calgary

Norma-Jean Paproski says she was floundering to help her husband with dementia prior to calling 811, the province's health advice line.

On Monday, Alberta Health Services (AHS) announced it's expanding 811 services to include dementia advice for individuals and caregivers in the Calgary

and Edmonton zones.

Dr. Verna Yiu, interim CEO of AHS, said dementia is expected to more than double as baby boomers age. By 2038, it's estimated that one in 10 Albertans over age 65, and nearly half over age 90, will be living with dementia.

"Our goal is reduce the number of avoidable emergency department visits for dementia-related concerns," Yiu said.

"This is a really great leap forward for providing support now and well into the future as our

population continues to age."

Paproski said it was challenging to navigate the health system with her husband while raising four children. But that all changed when she spoke with Rose and Kathleen through 811. "If I didn't have those conversations, I probably would have given up," Paproski said. "So, thank you."

Currently, about 40,000 Albertans are living with dementia, a syndrome that affects their memory, thinking, orientation, judge-

ment and ability to carry out daily activities. When needed, the 811 expansion means callers can be referred to a specialized dementia nurse for support. The nurse provides in-depth assessments to better understand people's situations, and connects patients to available community services and supports. The rollout is anticipated to cost about \$1 million, and AHS executives haven't determined how much the investment would save by reducing avoidable emergency room visits.

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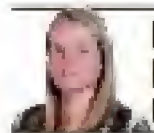
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Police Rodeo will help missing kids

COMMUNITY

Event will benefit group for the 12th straight year



Lucie Edwardson
Metro | Calgary

Time to giddy-up and give, Calgary.

The Calgary Police Rodeo Association's (CPRA) 34th annual rodeo is just around the corner and for the 12th year they will be supporting the Missing Children's Society of Canada (MCSC) as their main benefactor.

"All members of the public are welcome to come out and join us and support us during this event as we raise money for a great benefactor: The Missing Children's Society of Canada," said Det.



Det. Cavilla, left, and Insp. Cliff O'Brien, right, present the cheque for \$10,000 to MCSC CEO, Amanda Pick, Monday.
LUCIE EDWARDSON/METRO

Michael Cavilla, president of the CPRA.

The rodeo will take place Aug. 14 at 1 p.m. at the Cochrane Rodeo Grounds with CPS, EMS and Calgary firefighters taking part in the festivities to raise money for the cause.

Amanda Pick, CEO of MCSC said as an organization that

depends heavily on community support, they're incredibly grateful and excited for the continued support from CPRA.

"For 12 years we've been the recipients of the Calgary Police Rodeo Association funds and MCSC takes that very generous gift and

uses it to find missing children in Calgary. We keep our doors open with that money and it helps us operate our programs," she said.

Calgary police Insp. Cliff O'Brien said MCSC has been a game changer for law enforcement.

"MCSC's innovative online search programs have been created to help law enforcement in keeping our children safe," he said. "From our perspective at the police force, their collaboration really does make our community safer so we want to say thank you."

Pick said without the support of CPRA their work wouldn't be possible.

"Knowing that our partners raise money for us and really care so much about what we do and contribute means we're able keep finding missing children," she said.

Pick accepted a cheque for \$10,000 from the CPRA's 2015 event Monday.

WOMEN IN TRADES

Board makes history with appointment



Helen Pike
Metro | Calgary

Alberta's newest apprenticeship industry board chair is an experienced boilermaker — and the first female in the province's history to hold her new position in 71 years.

On Monday, Minister of Advanced Education Marlin Schmidt announced j'Amey Holroyd as the new Alberta Apprenticeship and Industry Training Board Chair (AIT).

This is one of the first announcements since he implemented the somewhat controversial policy of accepting open applications to board positions.

"She's highly qualified," said Schmidt. "As a woman in a non-traditional trade, I think she brings a unique experience that will serve the board very well."

But Holroyd said she's hoping to prove her experience is the top reason she got the job. Her lengthy resume is packed from her over 17-year experience in the trades. She has a boilermaker trade certificate and served six years on the boilermaker prov-

incial apprenticeship committee.

"I really appreciate the system because it's industry driven," Holroyd said. "It has this ability to positively impact the safety and success of Albertans and their families, it helps so many people get a career that has so many options and possibilities."

Holroyd said the exposure of having a woman as chair is positive, and will hopefully encourage other women to know there aren't boundaries in what career paths they take.

According to Schmidt, female representation in the trades is currently about 10 per cent, while three women sit on the nine-member AIT board.

"On her merit alone she stood head and shoulders above all other applicants we had," said Schmidt. "While we're far from gender parity, women are now very well represented on the board compared to the population of women in the apprenticeship system."

The board's role is to communicate directly with Schmidt to develop the province's apprenticeship system. That includes training, recruitment and the curriculum hours.

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Gallery removes student's racy work

LETHBRIDGE

Parents spur school board's request to have art taken down



Helen Pike
Metro | Calgary

A student's work has been deemed too racy for a Lethbridge school board's elementary school children after parent complaints.

The classic art remix, a collage of works including the Birth of Venus, has been whisked away

to a private viewing room.

All of the schools in Lethbridge participate in an arts program to submit student work chosen by teachers to the Southern Alberta Art Galley (SAAG) — it's called Art's Alive. The works range from kindergarten-aged children to students in Grade 12.

On Wednesday of last week the Lethbridge School District No. 51 took down a Grade 12 student's work after a parent, or several parents, complained "about the content of the work."

Nicole Hembroff, a spokeswoman for SAAG, said the work was a collage made from printed famous artworks.

"There is a little nudity in it," Hembroff said. "Representations



Pictured is a familiar piece, the Birth of Venus by Sandro Botticelli. SANDRO BOTTICELLI/WIKIMEDIA COMMONS

of the human body. One of the examples is the Birth of Venus... it's all famous artwork, the kind of artworks that are in art history

textbooks everywhere."

Metro contacted the school board about the incident, and was given a written response

explaining the art will remain on display, just not while elementary students are in the gallery.

Hembroff confirmed it came from and was taken down by the same board who approved it.

"We have worked together to come to a compromise that I think we are both happy with," Hembroff said. "The school board is requesting we don't show this during gallery schools, which we have complied with. But we want to make sure that this student's work is still able to be viewed by the public, and ... that people still have an opportunity to see this great work."

The gallery proposed to take the piece down during gallery schools and put it back up while

schools are there. If a member of the public happens to be in the gallery and wants to see the piece, they can arrange a private viewing.

The SAAG is a contemporary gallery, and Hembroff said they often have works that "challenge" the viewer on display.

"We foster work that challenges boundaries, and sometimes pieces we show are controversial," Hembroff said. "It's not out of the realm of the types of things we have shown."

The gallery wants to help people make informed decisions, so anyone who's concerned about the work on display, or who may be sensitive with the content of the gallery can call ahead.

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WINNIPEG

Ducks' tale has happy ending, with help



Shane Gibson
Metro | Winnipeg

Talk about some lucky ducks.

A group of newly hatched ducklings that got stuck after falling into a sewer in St. Vital, Winnipeg, over the weekend have been reunited with their mother thanks to a group of neighbours and the Wildlife Haven Rehabilitation Centre.

The neighbours called the local wildlife rescue organization

“It's quite possible they were walking and they all just kind of tumbled in (the sewer drain).” Tiffany Lui

after noticing the mother duck working frantically to free her ducklings from a sewer drain.

“Ducklings can be quite small, they're all just fluff, so they can easily fall through a drain,” said Wildlife Haven Rehabilitation Centre's Tiffany Lui Monday.

By the time a Wildlife Haven

Rehabilitation Centre volunteer got out to the scene the growing group of neighbours had managed to free all the ducklings from the sewer drain, but there was a new problem — the mother had flown the coop.

After having no luck searching for mom, the baby ducks

were packed up into a box to be taken back to Wildlife Haven where they would be cared for by volunteers before eventually being released back into the wild. But at the last second momma duck returned, and didn't seem very grateful for the help. “I think she was more mad at us for being near her babies,” laughed Lui.

So after quite the adventure, the ducklings hopped out of the box and marched off dutifully behind their mother.



Co-owner Maxime Tremblay is seen in his boutique grocery store on Monday. The Montreal shop was attacked by some 30 people on Saturday night. PAUL CHIASSON/THE CANADIAN PRESS

Protestors misguided: Storekeeper

MONTREAL

Grocery shop raided by anti-gentrification protestors

The co-owner of a boutique grocery store in a gritty Montreal neighbourhood that was robbed by mask-wearing protestors in a smash-and-grab raid says they were misguided in their actions.

About 30 people clad in black clothing stormed the premises on the weekend, stole thousands of dollars worth of goods and stuck anti-gentrification stickers on the windows.

The group fled before police arrived, throwing objects at the store front and at nearby cars. As of Monday afternoon, no arrests had been made.

At the time, only a young female employee was in the store, which is called simply 3734 and is located in the west-end neighbourhood of Saint-Henri.

“They terrified a girl who works so hard and who hasn't always had the easiest life,” co-owner Maxime Tremblay said in an interview.

“I don't see how that's going to help spread their message.”

Tremblay said it didn't make sense for protestors to target 3734 as he and his co-owner don't own the building.

He insists the small business is involved in the community, buys and sells lots of local products, keeps the neighbourhood's needs

in mind and offers affordable as well as luxury goods.

Gentrification has been a heated topic in Saint-Henri for years. Multiple shops on the same street as 3734 were targeted in a similar fashion a year ago.

According to Shannon Franssen, the co-ordinator of local organization Solidarite Saint-Henri, gentrification has become particularly problematic now that it is affecting an area that has historically been very poor.

“A lot of locals don't recognize their neighbourhood, they don't feel at home anymore,” she said.

“

If we talk to each other, we can figure out how to live together.

Maxime Tremblay

Many people have been forced to move because of increased rent prices and the explosion in the number of condo developments, said Franssen, adding that 40 per cent of residents in the area have low incomes.

She says some solutions include reserving land for social housing and working with local businesses and residents.

Tremblay, meanwhile, says he has no intention of moving, even though it's not the first time 3734 has been vandalized. The store was previously targeted by graffiti artists and had glue inserted into its lock. THE CANADIAN PRESS

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Zoos can learn from Harambe

ANIMAL WELFARE

Gorilla's death a 'teachable' moment, says zoo regulator

The main regulatory body for Canada's zoos says the death of a gorilla in the United States should serve as a "teachable moment" for Canadian organizations.

Canada's Accredited Zoos and Aquariums says it will be sending an advisory to its members reminding them to ensure its safety protocols are sound and able to protect staff and patrons.

Staff in Cincinnati shot and killed Harambe, a 17-year-old endangered lowland gorilla, after a four-year-old boy fell into its enclosure and was dragged by the animal.

There has been public outcry denouncing the zoo for killing the gorilla, but officials say the decision was necessary to avoid the risk of having the giant animal crush the boy by mistake.

CAZA executive director Massimo Bergamini says this is the time of year during which member zoos tend to review their systems, and the weekend tragedy is a timely reminder of why this is necessary.

He said such incidents are very rare in both Canada and the U.S., relative to the number of people that visit zoos each year.

Bergamini said all CAZA members must show top-of-the-line safety procedures as part of the accreditation process, adding Harambe's death is a sad reminder of how quickly accidents can happen.

"In addition to having policies and procedures in place, this involves holding regular emergency simulation exercises to ensure that in the event of an incident, trained Emergency Response Personnel are



A boy brings flowers to put beside a statue of a gorilla outside the shuttered Gorilla World exhibit at the Cincinnati Zoo & Botanical Garden in Cincinnati on Monday. THE ASSOCIATED PRESS

mobilized, know exactly what to do, and have the necessary equipment on hand as well as the authority to act," he said in a statement.

Bergamini said the staff in Cincinnati handled the situation exactly right, adding the decision to kill the gorilla likely spared a human life.

The Association of Zoos and Aquariums shared his view, saying the weekend incident played out as it did due to planning and preparation for just such an event.

Spokesman Rob Vernon said the association's accreditation procedure requires members to conduct four safety drills a year and have a response plan in place for dangerous animals.

"I think that preparation is what you saw happen in Cincinnati where the zoo professionals were able to resolve the

A magnificent gorilla dies because a zoo failed to make its barriers safe.

Piers Morgan, on Twitter

situation very quickly," Vernon said. "They have a top-notch staff there, and it showed yesterday during an unfortunate incident."

But others took a different view of the Cincinnati Zoo actions, questioning why a member of an endangered species had to be put down rather than tranquilized.

"It's so sad that a poor gorilla had to be shot dead because a woman couldn't look after her child and a zoo didn't have enough protection," wrote one Twitter user.

"Absolutely makes me weep with sadness. Poor #Harambe the #gorilla. Stupid parents, control your children!" wrote another.

British television personality Piers Morgan waded into the fray too, putting blame squarely on the zoo.

"RIP Harambe. A magnificent

gorilla dies because a zoo failed to make its barriers safe," he tweeted.

The zoo's director, Thane Maynard, said its dangerous-animal response team, consisting of full-time animal keepers, veterinarians and security staff, made the right call to kill the gorilla. He noted that the 190-kilogram gorilla didn't appear to be attacking the child but was in an "agitated situation" and was "extremely strong." A tranquilizer wouldn't have immediately felled the gorilla, leaving the child in danger, Maynard said.

Protesters were planning a vigil at the Cincinnati Zoo on Monday in protest of the animal's death. THE ASSOCIATED PRESS

ELECTIONS ACT

Liberals will seek support

The federal government says it will seek the public's support for whatever changes it ends up deciding to propose for Canada's electoral system.

But the threshold for that support, and how it will be achieved, remained unclear Monday as the Opposition Conservatives continued to demand that the question of how best to improve the system be put to a referendum.

"We're going to ensure the will of Canadians is behind whatever we put forward," said MP Mark Holland, parliamentary secretary to Democratic Institutions Minister Maryam Monsef.

Holland encouraged opposition MPs during question period to get their constituents involved in the reform process. "Help us to change the status quo, improve our system, modernize our electoral system and bring us into the 21st century."

Monsef told the Toronto Star newspaper during this past weekend's Liberal policy convention in Winnipeg that the government won't go ahead with any changes without broad buy-in from voters.

"Canadians can rest assured that unless we have their broad buy-in, we're not moving forward with any changes," Monsef was quoted as saying.

Prime Minister Justin Trudeau promised during last year's federal election that 2015 would be the last year a Canadian campaign is decided by the so-called first-past-the-post system, which has been in place since Confederation.

But the Liberals have been accused of trying to "stack the deck" for proposing that a committee dominated by Liberals would have the final say on any suggested changes to that system. THE CANADIAN PRESS

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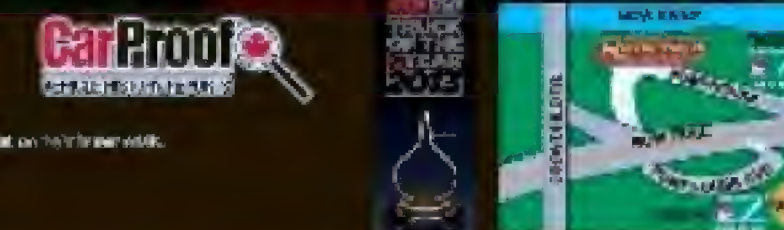
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EQUALITY

Trans teens fearful amid bathroom wars

When Lucas Rixon has to go to the bathroom, the guys know what to do. They come with him, no questions asked.

Sometimes they enter the facilities too. Sometimes they stand sentry at the door. At any public place in Greenville, N.C., two or three straight cisgender teenagers turn into bodyguards for their transgender buddy.

"Because they're terrified for me," Rixon, 17, said over the phone. "And I'm terrified for myself." He has felt particularly endangered since March. That's when his trips to the toilet became the subject of a state uproar and then a national uproar.

Communities across America are suddenly in the grips of emotional battles over whether transgender people, especially students, should be allowed to use bathrooms that match their gender identity. Once a little-noticed sideshow to seismic fights over gay and lesbian rights, the bathroom wars have sprung to the fore as other disputes have faded and transgender advocates have become more visible and more vocal.

Social conservatives have lost clash after clash during the Obama era. In school bathrooms, they have found an issue on which they can win. At least temporarily.

Acceptance of transgender people lags far behind acceptance of gays and lesbians. Polls

suggest a slight plurality of Americans, about 45 per cent, thinks people should be forced to use the bathroom corresponding to their sex on their birth certificate.

The Christian right found a model for victory last year in Houston. Seeking to repeal a city anti-discrimination law that prohibited discrimination the grounds of sexual orientation and gender identity, conservatives ran a fear-mongering referendum campaign focused on the slogan "no men in women's bathrooms." They prevailed.

Seeing opportunity, Republicans have this year pushed "bathroom bills" in more than 15 states. North Carolina is the only state to pass one so far.

Social conservatives continue to insist that nobody is truly transgender, that tens of thousands of teenagers like Rixon are just "searching." Tanya Ditty, Georgia state director of the evangelical group Concerned Women for America, said discarding your birth sex is akin to "erasing what a loving God has designed."

The Obama administration issued a letter implicitly threatening to deny funding to school districts that don't let transgender students use bathrooms matching their gender identity.

Eleven Republican-led states are now suing, arguing that the directive "has no basis in law."

TORSTAR NEWS SERVICE



Hand in Hand runs six schools, boasting some 1,320 Jewish and Arab Israeli students. CONTRIBUTED

Building up an 'Iron Dome against hatred'

HAND IN HAND

School brings together Israeli and Palestinian children

The news from Israel is often bad: attacks on Jews by young Palestinians and reprisals by Israeli forces. Expanding settlements in the West Bank. Escalating fear and hostility. Plummeting prospects for peace.

But a group of dedicated educators is working to bring the two sides together — not at the bargaining table, but in the school room.

"We're giving hope where leaders have failed," says Mohamad Marzouk, director of the

community department for the bilingual and bicultural Hand in Hand schools.

"A kindergarten child goes to an Arabic or Hebrew school and never experiences the existence of children on the other side. This ignorance of the other creates mistrust and fear," he says.

Marzouk and Rebecca Bardach, Hand in Hand's director of resource development and strategy, are in Toronto on a tour.

"Hand in Hand is my Iron Dome against hatred," says Bardach, referring to Israel's missile defence system. "I can't change what is happening politically, or the minds of people who hate each other. But I believe we can overcome that sense of helplessness with understanding."



"We're giving hope where leaders have failed. Mohamad Marzouk

Hand in Hand, boasting some 1,320 Jewish and Arab Israeli students, and a lengthy waiting list, was founded in 1998 with one school in Jerusalem. It has now expanded to six.

The security wall between Israel and the Palestinian territories is physically and psychologically divisive, says Bardach. But the two separate language streams of the Israeli school system are a "huge contributing factor" to mutual misunderstanding between Jews and Arab Israelis.

"Children aren't growing up learning about differences, what we have in common and build-

ing common ground," she says. Not so in Hand in Hand schools, where children are taught by Hebrew and Arabic-speaking teachers.

They partner with children who speak the other language, and study together. They also learn the missing links in mainstream curriculums — the other's religion, culture, food, daily life and history. Elements that allow them to see their counterparts as fellow humans rather than enemies.

Outside the classroom they play together, picnic together and celebrate each other's holidays. TORSTAR NEWS SERVICE



A gender neutral sign is posted outside a bathroom in Durham, N.C., on May 11. GETTY IMAGES

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Debt affects mental health

STUDENTS

Schools beefing up services for those impacted

Many of this year's new post-secondary graduates have left the academic world carrying tens of thousands of dollars in debt. Meantime, those heading to college and university this fall will soon contend with steep tuition rates that often result in a similar burden.

While schools attempt to lessen the load by offering financial aid, average student debt appears to be climbing. So some institutions are also responding by beefing up their mental health services to help students cope with life in the red.

"We're worried about one type of debt — student debt — and we want to know how to pay it off as quickly as possible," said Dillon Collet, who is about to enter his final year at the University of Toronto's faculty of law and sat on the dean's advisory committee on financial aid.

The committee organized a financial aid workshop that discussed the psychology of debt. It

was well-attended, Collet said, with about 60 students in the room and a lineup outside.

Estimates suggest average student debt in Canada is past the \$25,000 mark.

In 2013-14, graduates finished school with an average of \$12,480 in federal loan debt, according to numbers from the Canada Student Loans Program.

However, that figure doesn't include provincial or private loans. The Canadian University Survey Consortium surveyed more than 18,000 graduating university students from 36 Canadian universities for its 2015 annual report. The average debt-ridden student owed \$26,819.

Such a debt load can have an impact on a student or graduate's mental health, though only a small amount of published research exists on the apparent link.

cantly higher than in Canada — to determine if debtload and psychological well-being were connected.

"Students who took out more student loans were more likely to report poor mental health in early adulthood," said one of the paper's authors, Katrina M. Walsermann, an associate professor at the University of South Carolina.

Canadian experts have also noticed a link, even though Canadian students don't generally go into as much debt as their American cohorts.

Jillian Yeung Do, York University's director of student financial services, witnessed it while working with a student. While she couldn't provide much detail for privacy reasons, she said she became really concerned about a student.

"After that encounter, I decid-

“We’re worried about one type of debt — student debt. Dillon Collet

A 2015 journal paper analyzed data from a U.S. Bureau of Labour Statistics survey of more than 8,000 youth in the United States — where tuition fees are signifi-

cantly higher than in Canada — to determine if debtload and psychological well-being were connected.

THE CANADIAN PRESS



The average debt-ridden student owed \$26,819, according to Canadian University Survey Consortium. Such a debt load can have an impact on mental health. iStock

IMD

Canada down in competitive ranking

A plunge in commodity prices hurt Canada as it fell to 10th place in the latest rankings of business competitiveness by the IMD World Competitiveness Center, its worst position in several years.

The Swiss-based group, part of the IMD business school, ranked Canada in fifth place last year.

The drop came as the downturn in commodity prices hits the economy hard and dragged down its ranking in several key categories for economic growth.

"I think most of the major issues that originated the drop in the ranking are external to Canada, something that is out of the control of policy-makers at the moment," said Jose Caballero, senior economist at the IMD World Competitiveness Center.

The rankings, which judge a country's ability to create and maintain an environment that helps businesses remain competitive, are based on both statistical data as well as an executive opinion survey. THE CANADIAN PRESS

IN BRIEF

Protest right on tractor

Dairy farmers from all over Quebec began travelling to Ottawa by tractor on Monday in a protest aimed at getting the federal government to enforce rules governing supply management in their industry. Farmers say they are losing tens of thousands of dollars a year because federal inspectors aren't doing their jobs. The farmers plan to hold a rally on Parliament Hill on Thursday. THE CANADIAN PRESS

MONEY

Mutual funds must give 'fund facts'

A new safeguard is now in place to help protect mutual fund investors.

Effective Monday, mutual fund companies are required to provide investors key information on things like a fund's performance and fees before they buy.

The so-call "fund facts" document mandated by securities regulators is the final step in improvements to mutual fund disclosure rules that began more than five years ago that are aimed at ensuring investors receive the in-

formation they need.

A fund facts statement is a brief document written in plain language with basic details about a fund, including an explanation of expenses and fees and investor rights and is issued in addition to a fund's prospectus.

Mutual fund companies have been required to post a fund facts document on their website since 2011, and changes in 2014 required fund companies to deliver the document within two days of an investor buying a

mutual fund. Now they get must get it before making the purchase.

The change in mutual fund disclosure rules isn't the only one investors will see this year.

New rules are coming July 15 for the relationship between financial advisers and their clients. They will introduce new reporting requirements for investment advisers when it comes to the disclosure of fees and the performance of their investments.

THE CANADIAN PRESS

NOTICE OF HEARING FOR PERMANENT GUARDIANSHIP ORDER TO:

Toscha Doyle

Take notice that on the 22nd day of June 2016 at 9:30 a.m., at Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta, a hearing will take place;

Take notice that on the 25th day of August 2016 at 2:00 p.m., at Calgary Family Court, Courtroom #821, 601 – 5th Street SW, Calgary, Alberta, a JDR will take place;

Take notice that on the 26th day of August 2016 at 9:30 a.m., at Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta, a hearing will take place;

Take notice that on the 11th day of October 2016 at 2:00 p.m., at Calgary Family Court, Courtroom #1208, 601 – 5th Street SW, Calgary, Alberta, a Pre-trial Conference will take place;

Take notice that on the 7th, 8th, 9th, 10th days of November 2016 at 9:30 a.m.-4:30 p.m. daily, at Calgary Family Court, Courtroom, 601 – 5th Street SW, Calgary, Alberta, a trial will take place;

A Director, under the Child, Youth and Family Enhancement Act, will make an application for: **Permanent Guardianship Order**; of your children born on **June 23, 2012 and August 22, 2013**. If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978

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Take notice that on the 22nd day of June 2016 at 9:30 a.m., at Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta, a hearing will take place;

Take notice that on the 25th day of August 2016 at 2:00 p.m., at Calgary Family Court, Courtroom #821, 601 – 5th Street SW, Calgary, Alberta, a JDR will take place;

Take notice that on the 26th day of August 2016 at 9:30 a.m., at Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta, a hearing will take place;

Take notice that on the 11th day of October 2016 at 2:00 p.m., at Calgary Family Court, Courtroom #1208, 601 – 5th Street SW, Calgary, Alberta, a Pre-trial Conference will take place;

Take notice that on the 7th, 8th, 9th, 10th days of November 2016 at 9:30 a.m.-4:30 p.m. daily, at Calgary Family Court, Courtroom, 601 – 5th Street SW, Calgary, Alberta, a trial will take place;

A Director, under the Child, Youth and Family Enhancement Act, will make an application for: **Permanent Guardianship Order**; of your children born on **June 23, 2012 and August 22, 2013**. If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

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ROSEMARY WESTWOOD

ON THE TORIES' NEW POLICY DIRECTION

The low support for banning gay marriage underlines two facts, one hopeful, and one troubling: Most Canadians, even the religious, appear to have moved on. And yet, a sizable portion refuse to.

I think it's safe to say people generally find other people confounding, perhaps especially their beliefs. Relevant to today: the belief that same-sex marriage is wrong.

This weekend, watching Conservatives celebrate their party's move towards the Canadian consensus on same-sex marriage felt like time travel. It'd been so long since anyone seriously debated it that I hardly remembered an anti-same-sex-marriage stance was still in their party platform. The apparently dramatic, emotional vote during the Conservative's Vancouver convention led to many odd questions. Hadn't we settled this a decade ago, both through numerous court rulings and the passage of the Civil Marriage Act? And hadn't that been too long in coming as it was? So how could such a move, then, bring some to tears?

Fully 70 per cent of Canadians support same-sex marriage, according to a 2015 Forum Research poll, while only 22 per cent disapprove. That's less than the number of Catholics in the country (38.7 per cent of the population), never mind the myriad of other

faiths that may traditionally object to LGBTQ rights. The low support for ban-

ning gay marriage underlines two facts, one hopeful, and one troubling:

Metro POLL

The Conservative same-sex pivot

The Conservative convention in Vancouver began last Thursday with Stephen Harper saying his formal goodbye, and ended on Sunday with the party having decided it was time to drop its opposition to gay marriage. Coincidence? Who can say? We asked, "Does the Conservatives' move to support gay marriage change your opinion of the party?" Here's how you responded:

53% No. This is just window-dressing. I still don't trust them.

16% Yes. It's not enough for me to support them, but I appreciate the gesture.

14% No. I was with them before and I'm still with them.

9% Yes. This decision makes me lose respect for the party.

8% Yes. I'd consider voting for them now.

It's a step in the right direction, but it's also an insult that the step is so small.

They have just lost a faithful supporter!

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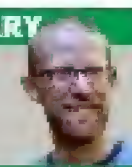
While I wanted to be offended that Conservatives could congratulate themselves at being 10 years late, I find myself fostering a sense of wary support.



The case for removing the payday-loan business

KLASZUS' CALGARY

Jeremy Klaszus



There are many reasons why communities should chase away payday-loan operators, and not all of them have to do with money.

The financial aspect of the industry gets the most scrutiny, and deservedly so. To borrow the language of the NDP, which will soon reduce the interest rates that lenders can charge, many of these businesses are "predatory."

Until recently, these operators were permitted to set up pretty much side-by-side in poorer areas, charging vulnerable people up to \$23 on every \$100 borrowed.

The NDP bill brings that down to \$15, a move that is long overdue.

Predatory lending brutally undermines anti-poverty efforts, which is why non-profits like Momentum and Vibrant Communities Calgary have also pushed for — and recently got — municipal restrictions on how many operators can set up shop in one place.

But there's another reason to aggressively restrict payday lenders: they degrade the quality of our streets. Aesthetically, they're a scourge.

Put bluntly, payday-loan joints make a street look crappier. They ruin the feel of a neighbourhood. They make it harder for a community to develop a welcoming, lively streetscape.

"When clustered or aggregated in higher densities, these businesses can... reduce opportunities for other types of businesses to open and help form a complete business community," says a city report from last year.

That's one reason council

voted to forbid clustering of new operators last November, requiring them to be spaced at least 400 metres apart.

In Calgary, 17 Avenue S.E. — a.k.a. International Avenue, which goes through Forest Lawn — has been particularly afflicted by clustering of payday lenders.

There, you have a streetscape that is slowly being transformed into a more inviting strip, thanks to years of focused, intentional work by local citizens and businesses.

But the existing payday lenders there — including multiple Money Marts and Cash Moneys, along with a smattering of others — remain an unsightly problem.

As Coun. Brian Pincock recently told Metro reporter Jeremy Simes, "It's really hard to revitalize a strip when there are 11 payday-loan facilities on that strip."

And the problem isn't limited to just the strip itself. As the city has pointed out, payday lenders and pawn shops can taint people's perception of an entire neighbourhood, fairly or unfairly.

No wonder community boosters on International Avenue are openly hoping the new provincial restrictions force existing payday lenders out of business.

If that happened, new space would be freed up for other shops, restaurants and community organizations that could bring value to the neighbourhood.

One can only hope. Businesses with attractive storefronts bring character to the street. Payday-loan places diminish that character, making the street look like any other dumpy North American urban traffic corridor.

We don't need any more of those.

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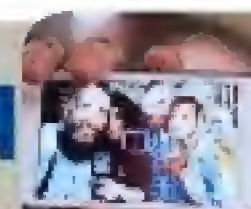
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Researchers find link between "alcohol identity" on social media and problems with drinking.



In taking this one-week no-creeping experiment further, I had avoided not only my ex, but also the social media accounts of my friends.
Ofelia Legaspi

Ofelia Legaspi says many of the misunderstandings in her failed relationship stemmed from her social media creeping. Now wiser, she proposes having a mutual agreement to block your partner on social media. TORSTAR NEWS SERVICE

Cyber creeping: A gift and curse

PERSONAL ESSAY

A breakup calls for a social media detox but at what cost?

Ofelia Legaspi
For Torstar News Service

For one week, I quit cyber-creeping.

Fine, I'll back up a step. Let it be permanently known, in the annals of the easily searchable Internet, I once, out of youthful indiscretion, "creeped" the World Wide Web.

To me, this was never an issue. I see Facebook, Twitter and Instagram as an ecosystem of mutually nourishing connections. Memes give my mundane Mondays meaning. I can feel less guilty about not checking in with family for weeks at a time because they at least know I'm eating well from the looks of my Instagrammed salad. Social media is a beautiful thing — but, one day, I wanted nothing to do with it.

It all started when, five days before moving in with my boyfriend, he and I called it quits. Naturally, it happened at a wedding (open bar, vows encompassing one's lifetime).

My ex belongs to a curious sector of millennials who don't

have Facebook. Instead, he opts for Twitter. Over the course of our relationship, I couldn't help but read into his tweets, feeling there were "subtweets" about our arguments. To add insult to injury, I scrutinized every person he followed, wondering if they were someone a respectable professional and/or committed man would follow.

I could have asked him, sure. But because I covertly obtained this information, I feared bringing it up lest I be accused (quite accurately) of creeping.

And so, after our breakup, I knew what I had to do: block him on Twitter.

The medium, for me, was like having a superpower and, like many gifted fictional characters, I had come to learn this gift could be a curse. For once, I didn't want to know what was on my ex-boyfriend's mind, or comb through our tweets from better times. I just wanted to heal without the 140-character assault of nostalgia eroding what flimsy progress I made.

And, by kicking the creeping, I realized that many of the misunderstandings in our relationship had been because of the knowledge, however unreliable, I'd gleaned from his tweets — knowledge I'd burdened myself with. Instead of coming to me, he would take to Twitter.

Instead of coming to him, I would parse his tweets for

subtext. Our lack of communication and the passive-aggressive way we had dealt with our frustrations had rendered our relationship doomed from the start.

However, in taking this one-week no-creeping experiment further, I had avoided not only my ex, but also the social media accounts of friends. And I did miss the multimedia experience of connecting with people who I didn't wish to quit: the illustrated updates of my friends' meals ("I've perfected the tri-berry smoothie!"), Soundcloud links to someone's hour-long take on The Hateful Eight and photos of my proliferating clan's pink little newborns.

Cyber-creeping isn't always a pleasant journey, but it is always life-affirming. Without lifelines like my lifestyle bible, Instagram, I found it hard to launch my butt from bed to barbell bench because I felt alone in my struggles to be healthier. I found that I mostly creep to get out of my head and affirm my shared journeys with others.

My colleague suggested something curious and a bit extreme that I want to leave you with: have a mutual agreement with your partner to block each other's social media accounts. It's an insane idea.

And it just might be crazy enough to work.

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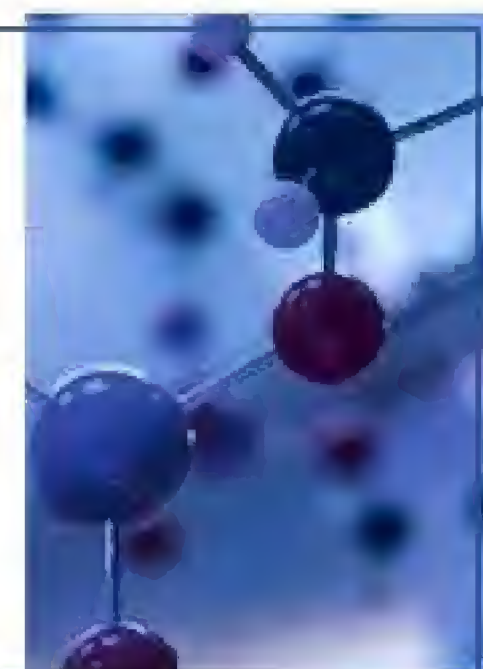
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If your friends take risks, you will too

RESEARCH

Peer pressure very real when it comes to thrill seeking

Why do we sometimes take big risks — like skydiving or moving across the country — and other times play it safe? It could be thanks to our peers, suggests research from the California Institute of Technology that looks at the potentially “contagious” nature of risk taking.

The study looked at how 24 volunteers responded when asked to choose between taking \$10 and making a risky gamble with a potentially higher payoff and found that, when the volunteers had previously watched a risk-taking peer, they were more likely to make the risky gamble themselves.

The findings reveal how passively observing others can influence someone's risk-taking behaviour, says Shinsuke Suzuki, a post-doctoral scholar in neuroscience and first author of the study.

So why the contagious effect?

It might be because our neural response to risk is changed by watching others, Suzuki says, but it's an open question as to what psychological factors are driving it.

It's worth keeping in mind that this study is small, and it doesn't mean we're totally hard-wired to mimic daredevil friends. Still, it does line up with research out of Temple University in Philadelphia, which found people sometimes take more risks when they're around their peers, particularly in their younger years — which probably comes as no surprise to anyone who knows a teenager.

Cognitive psychologist Andreas Wilke, an associate professor at Clarkson University in New York, says modern risk-taking research shows people might be willing to take risks in one area, but not another. In the presence of their friends, men are also more likely to take risks, Wilke notes, and single guys are more likely to make risky moves than coupled-up men. “When heterosexual males are given the opportunity to take risks, they like to advertise potential skills and fitness benefits to others, saying, ‘Ladies, I might



Ottawa resident Robyn Baldwin, left, is a self-described adrenalin junkie, and says her risky-but-fun pursuits are often done with friends. CONTRIBUTED/TORSTAR NEWS SERVICE

be a good potential partner to mate with,” he says.

Our collective desire to take risks stems from humanity being a highly social species. “I might take a risk to impress someone, ... but my judgment of a risk, I might take from my social circle,” Wilke explains.

Even something terror-inducing — like bungee jumping or sky diving — might not seem so scary when we're surrounded by peers. “If I see all my close friends get a total joy out of that, I might be more willing to join in,” Wilke says.

Of course, there can be a

downside since risks, Wilke notes, can be potentially dangerous or even deadly. But we're a highly social species, so the good news is taking risks with friends or loved ones can bring us closer together. “Friendships might be strengthened,” Wilke says.

TORSTAR NEWS SERVICE

+ DIVING IN

Pals who skydive together stay together

Ottawa resident Robyn Baldwin is a self-described alpha female and adrenalin junkie, and says her risky-but-fun pursuits — like bungee jumping and zip-lining — are often done with friends.

Last year, alongside a close high school friend and his girlfriend, Baldwin went skydiving for the first time at Skydive Toronto, and says the experience was emotional but “amazingly fun.” Taking the plunge was her idea, she says, and she would've gone alone if needed.

Still, Baldwin says risk-taking with friends encourages her to try things she might not be comfortable to do on her own. “It creates more active friendships,” she says.

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JOHANNA SCHNELLER WHAT I'M WATCHING

The one big question of Game of Homes

THE SHOW: Game of Homes, Season 2, Episode 2
THE MOMENT: The kitchen fight

With the clock ticking, proudly Italian best friends Dom and Michael argue about wainscoting. "Do you want it centered to the window?" Dom, the little one, asks.

"Measure the space!" Michael, the tall one, barks.

"So you want it centered to the wall?" Dom asks.

"I want you to do it right!" Michael yells (among other colorful phrases, which are bleeped).

"Talk English, ya f—ing bird!" Dom shouts. "Do it yourself!"

"At least I'll do a good job!" Michael hollers.

Tyler, teamed with his fiancée, Courtney, overhears them. "This is what this will do to you," he says.

"You care so much, you freak out."

Yes, Tyler, exactly. The sum total of thinking here — four teams renovate a house; the winning duo gets it — is this: Give people stressful time limits, then watch them stress.



Who wants a house built in too little time by exhausted amateurs, asks Johanna Schneller. CONTRIBUTED

It sure doesn't teach me how to renovate properly; experts help behind the scenes. It doesn't show me how to critique taste: No matter who wins, the others spout, "The judges are wrong."

As with all reality shows, the appeal is the characters: You root for the team you decide to like. Here you can decide immediately, because there's no character development. Do you feel bad for Alex, the only skilled workman, and his help-

less mum Shelley? Do you enjoy Dom and Michael's chippiness? Kim and Harry's over-ambition? Do you care if Tyler comforts Courtney when she cries?

No one, however, asks the question that's plaguing me: Who wants a house built in too little time by exhausted amateurs?

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

RESEARCH

Mother's fruit consumption linked to higher IQs in babies

A Canadian study, published in the journal *EbioMedicine*, has found that women who ate more fruit during pregnancy had children with higher IQs at one year old.

In a recent study, Canadian researchers from the University of Alberta found that one of the factors contributing to improved cognitive development in children was the amount of fruit their mothers ate during pregnancy.

The scientists studied 688 one-year-old babies, who were controlled for factors otherwise affecting their learning and development, such as family income and parental education.

They found that the mothers who ate six to seven portions of fruit per day — including juices — had children with IQs six or seven points higher on the standard scale at one year old.

"We know that the longer a child is in the womb, the further they develop — and having one more serving of fruit per day in a mother's diet provides her baby with the same benefit as being born a whole week later," explains Dr. Mandhane, the study's senior



Improved cognitive development in children has been linked to how much fruit their mothers consume while pregnant.

ISTOCK

6 or 7

Mothers who ate six to seven portions of fruit per day — including juices — had children with IQs six or seven points higher on the standard scale at one year old.

AFF

author.

In spite of their discovery, the researchers warn pregnant women against going over-

board on fruit, which contains fructose, as this can lead to complications such as gestational diabetes and high birth-weight.

These initial findings will be followed up by more research, investigating whether the positive effects of fruit consumption on cognitive development persist in children over time. The scientists also plan to study the impact of fruit consumption on cognitive functions such as planning, organizing and working memory.

AFF



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MATTHEW LEWIS/GETTY IMAGES

Female sports pros pressured to look as good as they play

Eugenie Bouchard's battle with an eating disorder is a common affliction for women at the top of their sports, experts reveal

Eugenie Bouchard's admission that she battled an eating disorder during her precipitous fall in the women's tennis rankings came as no surprise to one former Olympian who now works as a sports psychology consultant to some of Canada's top athletes.

Former elite runner Penny Werthner says female athletes are held to a much different standard than their male counterparts.

"The women athletes are criticized for what they wear, what they look like, whether they're fat or not," said Werthner, also dean of the faculty of kinesiology at the University of Calgary.

"When was the last time someone commented on what

(Novak) Djokovic looked like? Or (pointed out that Rafael) Nadal is short?"

Bouchard revealed earlier this week that she suffered from an eating disorder brought on by "a lot of pressure" following her 2014 breakthrough, when she finished the year ranked seventh in the world.

The career-high came after her loss to Petra Kvitová in the Wimbledon final and semifinal appearances at the French Open and Australian Open.

The success of that season quickly launched her to tennis superstardom, drawing cameras, media and fans wherever she went.

But the streak didn't last. Her



Women athletes are criticized for what they wear, what they look like, whether they're fat or not.

Penny Werthner

first match after the Wimbledon final was the Rogers Cup in Montreal, where the hometown favourite disappointed with a 6-0, 2-6, 6-0 loss to 113th-ranked qualifier Shelby Rogers.

It didn't get much better as the year wore on. Her ranking plummeted to 48th at the end of 2015.

Bouchard now says last year

also featured a private battle to maintain her weight.

"I just felt so nervous, it was hard to eat before matches and sometimes at other meals, just hard to keep it down. I didn't try to lose weight, but it definitely happened. It was definitely a cause of the stress. I've learned a lot from it, and I know I just have to force food down my

throat even if I feel sick because I am burning so many calories."

Werthner says the push to succeed is especially hard in tennis because it's a solitary sport and comes with the added pressures of courting sponsors and endorsement deals.

She said it can be especially hard for women to rebound from a loss because they tend to take failures personally, while men will sometimes place the blame elsewhere.

"You lose a match and then you lose a little bit of confidence and then maybe an eating disorder comes out of that or maybe it comes out of something else in her life that's not directly related to competitive sport,"

said Werthner.

Bouchard, currently ranked 47th, was eliminated from the French Open Thursday after a second-round loss to Timea Bacsinszky.

Marbella Carlos of the National Eating Disorder Information Centre in Toronto says eating disorders are common in "esthetic sports" like dance and gymnastics. She said tennis players also battle social stigmas that have nothing to do with their abilities.

"Even though they're elite athletes and do these incredible things with their bodies they're still looked at through a sexualized gaze, that definitely could have contributed as well," she said. THE CANADIAN PRESS

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Pens draw first blood

NHL PLAYOFFS

Bonino scores winning goal in late stages of third period

Nick Bonino scored the winner at 17:27 of the third period as the Pittsburgh Penguins edged the San Jose Sharks 3-2 on Monday night in Game 1 of the Stanley Cup final.

Bonino deposited a Kris Letang's feed from the corner. Letang managed to elude the defence of Brent Burns, who lost his stick moments earlier.

Bryan Rust and Conor Sheary also scored for the Penguins, who host Game 2 on Wednesday night at Consol Energy Center.

GAME 1 In Pittsburgh



Tomas Hertl and Patrick Marleau found the back of the net for the Sharks.

Matt Murray stopped 24 of 26 shots for Pittsburgh while Martin Jones made 38 saves.

It was all Pittsburgh in the early going. Playing their first Stanley Cup final game since 2009, the Penguins got the first



Penguins Ben Lovejoy, left, and Carl Hagelin swarm Nick Bonino after his game-winning goal against the Sharks on Monday night. KEITH SRAKOCIG/THE ASSOCIATED PRESS

good chance of the game in front of a home crowd clad in bright yellow shirts and waving towels of the same colour.

Patric Hornqvist nearly banged in an attempt thrown to the front of the net from the corner of the Sharks zone while charging towards the goal.

It was the just the start of the Penguins onslaught in the first,

one that saw them outshoot San Jose 15-4 with loads of speed while landing a pair of goals in quick succession.

Rust, who scored twice in Game 7 of the Eastern Conference final, was the first to beat Jones, racing into the Sharks zone before finding teammate Justin Schultz trailing on the play. Schultz's shot attempt from

high in the slot bounced off the left glove of San Jose defence-man Marc-Edouard Vlasic with Rust pouncing on the puck as he crashed the net.

Sheary joined Rust on the scoresheet 62 seconds later after taking a pass from Sidney Crosby, who raced deep into the left corner for a free puck. The Penguins captain then flung a hard

backhand pass across the ice to Sheary, who beat Jones high into the far corner.

A different road team emerged in the second, firing eight of the first nine shots and scoring three minutes into the period. Hertl cut the deficit to a goal. The Sharks tied it up late in the period on Marleau's fifth goal of the playoffs. THE CANADIAN PRESS

HOCKEY

Expenses divide NHL and Olympics

NHL commissioner Gary Bettman said NHL participation in the next Olympics would likely hinge on money.

In his annual state of the union address at the Stanley Cup final, Bettman said the league and NHL Players' Association might have to reconsider their participation in the Olympics if the International Olympic Committee went ahead with its threat of not paying out-of-pocket expenses for NHL players.

"Among the various things that have to be covered, whether it's transportation or insurance or accommodation, it's many, many, many millions of dollars," Bettman said.

IIHF president Rene Fasel recently revealed that the IOC and their president Thomas Bach aren't interested in paying costs that have been covered for the past five Olympics.

THE CANADIAN PRESS



Gary Bettman
GETTY IMAGES

+ EXPANSION

Bettman said the NHL's Board of Governors would meet in Las Vegas prior to June 22 NHL awards with a decision on expansion.

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Dark Knight returns

MLB

Hero Mets need regains ace form vs. White Sox

On the mound in the seventh inning for the first time this season, Matt Harvey gave up his first walk of the game and his second hit, leading to a sacrifice bunt and a second-and-third jam.

"You kind of think about the worst at that point," he said. "You start getting some negative thoughts that creep in your head."

But 11 days after disappointed fans at Citi Field booed him like a villain, the Dark Knight was back — at least for one afternoon.

MONDAY In New York



Harvey retired Todd Frazier on a foul out and J.B. Shuck on a grounder to escape trouble. Neil Walker homered off Jose Quintana on the second pitch of the bottom half and the New York Mets beat Chicago 1-0 Monday to send the reeling White Sox to their seventh straight loss.

"Today's a big first step," Mets manager Terry Collins said.

Addison Reed and Jeury Familia got six straight outs to complete the two-hitter, preserving Harvey's first win since May 8. Harvey struck out six, walked two and threw four



Matt Harvey GETTY IMAGES

pitches of 98-98.5 m.p.h. after not topping 97.5 m.p.h. previously this season. He threw 61 of 87 pitches for strikes.

"A lot of it had to do with timing and staying over the rubber a little bit longer, so that would kind of free up everything, free

up my arm basically to get to the arm slot that I needed to," Harvey said.

According to Collins, Harvey's attitude adjustment was more important. Smiles replaced scowls in recent days.

"When you're mentally strong, you don't worry about the other stuff. You fight through it," the manager said. "And that's the Matt Harvey that we always knew. He could give up a home run and retire 16 in a row after. It never bothered him."

Harvey (4-7) has been one of baseball's biggest puzzles. After a successful return last year from Tommy John surgery, he was coming off three straight losses in which he allowed 19 runs and 27 hits, and he struck out a career-low one last week at Washington. His ERA had risen to 6.08. THE ASSOCIATED PRESS



INTERNATIONAL FRIENDLY PAYET PICKS UP HOSTS

Dmitri Payet is chased down by his French teammates after the midfielder scored the decisive goal in the 90th minute of a 3-2 win over Cameroon on Monday in Nantes, France. The 2016 Euros start June 10 in France. DAVID VINCENT/THE ASSOCIATED PRESS

SKIING

Hudec to compete for Czech Republic

Jan Hudec will no longer wear the Maple Leaf on his ski suit after Alpine Canada gave him permission to race for another country Monday.

Canada's governing body of ski racing approved Hudec's transfer to Czech Republic, the country of his birth. The switch still requires approval from the international governing body FIS.

Hudec earned Olympic super-G bronze in 2014 for the first alpine ski medal won by a Canadian male since 1994. He's been



Jan Hudec GETTY IMAGES

a member of Canada's alpine team for 14 years.

The 34-year-old and Alpine Canada disagreed on terms for him to race in 2016-17.

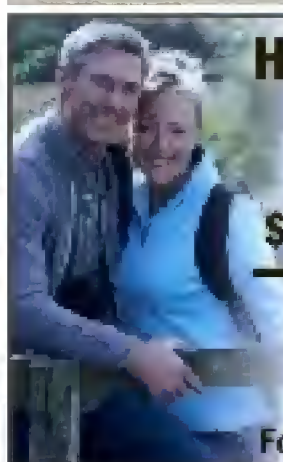
Hudec, who underwent an eighth surgery on his right knee last month, was left off the 35-member squad announced earlier this month.

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NOTICE TO CREDITORS & CLAIMANTS

ESTATE OF: IRENE ANNE STEWART
(ALSO KNOWN AS ANNE STEWART)
WHO DIED ON: AUGUST 28, 2015

If you have a claim against this estate, you must file your claim not more than 30 days after June 1st, 2016 and provide details of your claim with:

FERCHO LAW OFFICES
Att: RICHARD FERCHO
at: #14 - 205 - 1st Street East,
Cochrane, Alberta T4C 1X6

If you do not file by the date above, the estate property can lawfully be distributed without regard to any claim you may have.

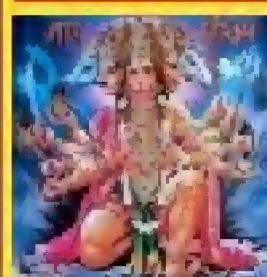


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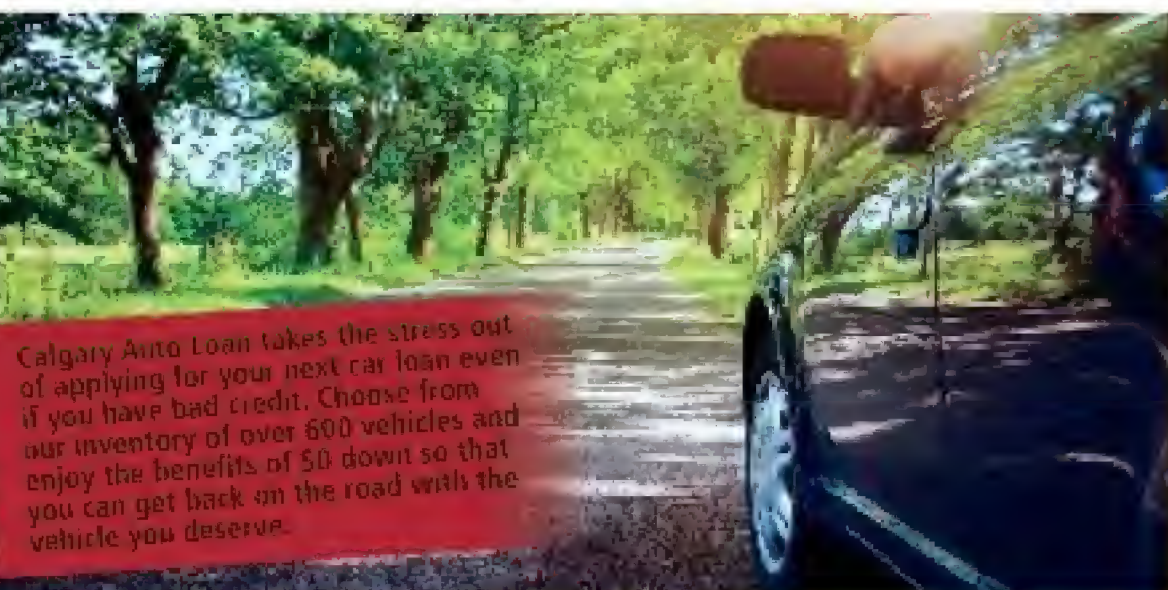
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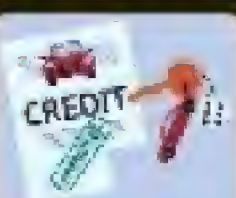
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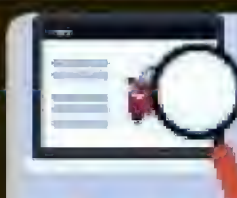


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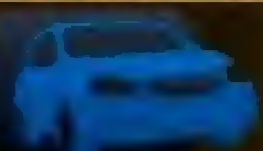


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AMVIC

RECIPE Best Fish Sandwich



PHOTO: MAYA WISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

If the crunchy fish in this sandwich weren't so good I'd say it's all an excuse for its seriously addictive spicy mayo.

Ready in
Prep time: 5 minutes
Cook time: 10 minutes

- Ingredients**
- 2 Tilapia filets
 - 1/4 cup corn meal
 - salt and pepper
 - 1/4 tsp chili powder
 - 1 Tbsp vegetable oil
 - 1/4 cup fresh parsley, chopped
 - 4 buns
 - 4 romaine leaves, chopped
 - 2 tomatoes, sliced
 - 1/2 cup mayonnaise
 - 1 Tbsp ketchup
 - 3 tsp Sriracha

Directions
1. Spread corn meal evenly on

a plate and toss in salt and pepper, chili powder and parsley until it's all combined. Spread the mixture evenly on a plate. Press the fish into the corn meal and turn over, press the other side into the corn meal.

2. In a good sized pan, heat some vegetable oil to medium heat. Place your fish down in the pan. It will take about 5 minutes on the first side and only about 3 on the other.

3. While your fish is cooking, mix up your mayo, ketchup and hot sauce in a small bowl.

4. Check your fish. The corn meal will be crusty and the fish should be opaque. Break your fish into large pieces. Slice open your buns and spread mayo on each side. Place your chopped lettuce down, then fish, then tomato.

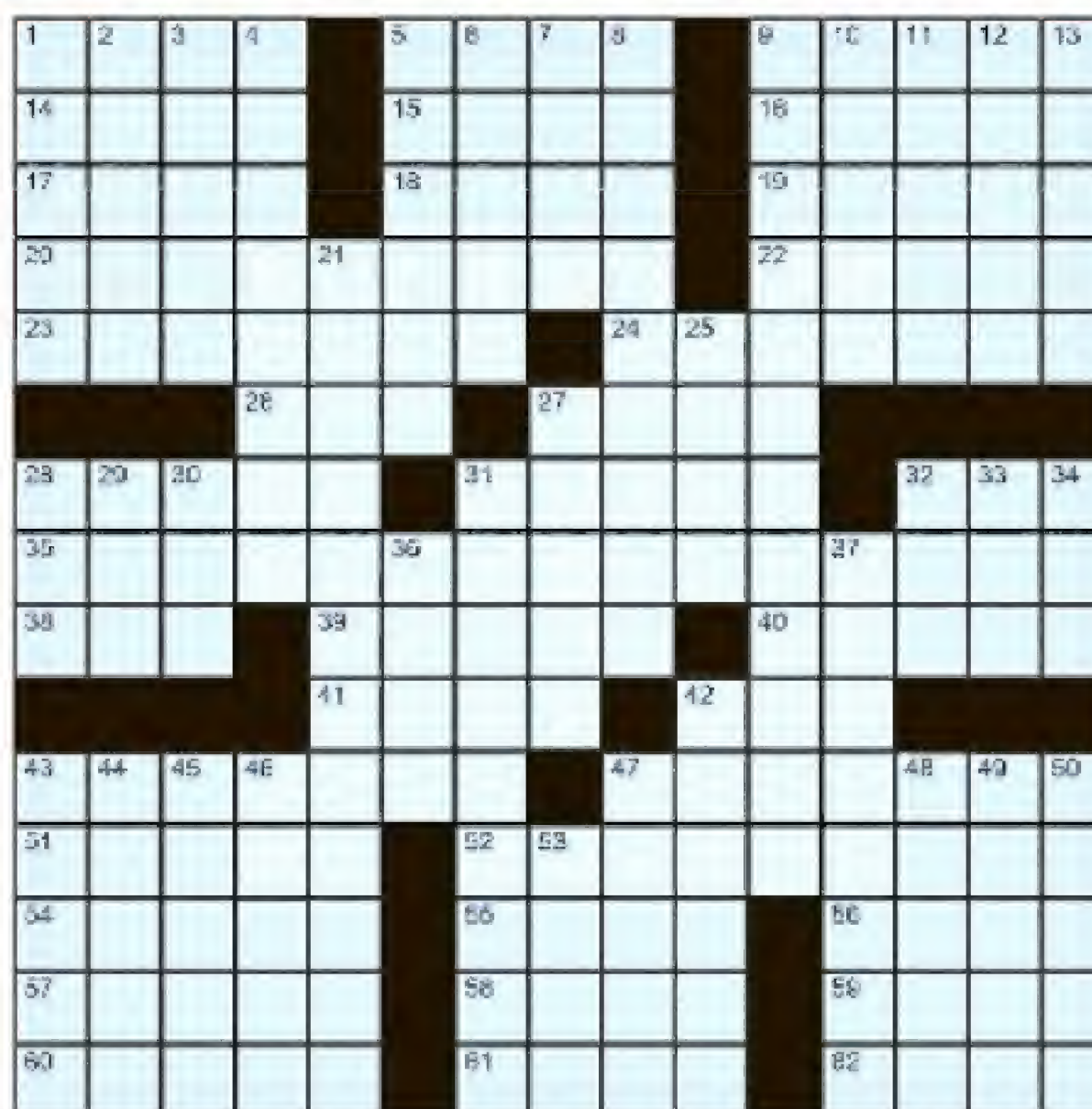
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Q. "___" a way to abbreviate Anchorage's state? A. "Indeed."
- Music key, ___
- Switchblades
- Rib or tibia
- Dallas Cowboys quarterback Tony
- 'Don't play' musical direction
- Live ___ (Rustic wooden table feature)
- Literary collection [abbr.]
- Dior perfume, J'___
- With-a-bowl utensil
- Jumpy
- Kleenexes
- Underwater chamber in bridge construction
- #49-Down's frequent co-star ...her initials-shares
- Tee-er's averages
- "M*A*S*H" role, Lieutenant Colonel ___
- Biblical measure of length
- Welcome ___
- Ottawa is the hub of it: 2 wds.
- It's 'in'
- Short-tailed weasel
- Boston's NBA team, commonly
- Chuck
- Photo
- Alter the mould
- Overdoes it with showing off
- Survey answer selection
- Medieval armour: 2 wds.
- Get ___ of



- (Contact)
55. ___ grievance (Complain)
56. 'Sound'-meaning prefix
57. Big cat in "Ice Age: The Meltdown" (2006)
58. ___ Ted (Mr. Cruz to Donald Trump)

59. Internet pub.
60. "Vamoose!"
61. '___ and Found'
62. Unappreciative utterance

DOWN

1. "___ be goin' now."
2. "Me too!": 3 wds.

3. AC/DC lead guitarist Mr. Young
4. Memento
5. Curtains
6. Vintage music LPs
7. 9:00 ___ 5:00pm (Office hours)
8. Explorer who voyaged to the East

- Coast via The Matthew: 2 wds.
9. 2016 Census: Wayne R. Smith, Chief ___ of Canada
10. Devil's domicile
11. Showbiz legends
12. Left-hand page
13. Alexander ___ Winnipeg-born

- hockey star
21. Level of fame achieved by Celine Dion
25. Seed covering
27. Transformation-stage insects
28. Texter's good chum
29. Ms. Michele
30. Sum up
31. Reason to say "Just made it": 2 wds.
32. Rich money amt.
33. Play's scenes grouping
34. Writer Mr. Eliot, et al.
36. On
37. Legendary Chief of the Shawnee who allied with Britain during the War of 1812
42. Flexible
43. Routes
44. Moral principle
45. Horse hoof handler
46. Honi's comic strip mother
47. Anna of "Brokeback Mountain" (2005)
48. Ruth's mother-in-law in the Old Testament
49. Ms. Fey's
50. Trudges
53. "___ Silver!" ("The Lone Ranger" opening exclamation)

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
It's a good day to make long-range plans for the future. It's also a great day to schmooze with siblings, relatives and neighbors.

Taurus April 21 - May 21
You might work alone or behind the scenes today to do some financial planning regarding inheritances and shared property. This is a good money day for you!

Gemini May 22 - June 21
Enjoy interacting with others today, because everyone feels friendly. Partners and close friends are supportive to your goals now, which is reassuring.

Cancer June 22 - July 23
Personal details about your private life might be made public today. No worries; everything looks positive. You make a great impression on bosses and VIPs today.

Leo July 24 - Aug. 23
If you can travel today, you will enjoy it, because you want a change of scenery. Grab any opportunity to educate children today; this, too, will be rewarding.

Virgo Aug. 24 - Sept. 23
You will make headway today with shared property, inheritances, taxes and debt. You might see a way to better secure your home and family. Bosses and VIPs will go along with what you want.

Libra Sept. 24 - Oct. 23
You have to compromise somewhat dealing with others today, because the Moon is opposite your sign. Fortunately, everyone will be cooperative!

Scorpio Oct. 24 - Nov. 22
You are industrious and productive today because you want to get better organized. In particular, you want to be more on top of bills, expenses and your financial scene.

Sagittarius Nov. 23 - Dec. 21
This is a playful, fun-loving day! Take time out of your day to have some fun. Enjoy sports events, social outings and time spent with children. Someone older might help you.

Capricorn Dec. 22 - Jan. 20
Assistance from someone might help you to entertain people at home today. Either way, you can do something that will solidify or secure your home base in a nice way.

Aquarius Jan. 21 - Feb. 19
This is a great day to make some long-range plans and have serious discussions with siblings, relatives and neighbors. It's a good day to plan a future social outing.

Pisces Feb. 20 - March 20
Look for ways to boost your income today, because you might do this. Whatever you do will impress bosses, parents and people in power. Looking good.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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